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**Balkin et al.**

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(54) **METHOD AND SYSTEM FOR PREDICTING HUMAN COGNITIVE PERFORMANCE**

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(73) Assignee: **The United States of America as represented by the Secretary of the Army**, Washington, DC (US)

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(57) **ABSTRACT**

An apparatus and method for predicting cognitive performance of an individual based on factors including preferably sleep history, the time of day, and the individual's activities. The method facilitates the creation of predicted cognitive performance curves that allow an individual to set his/her sleep times to produce higher levels of cognitive performance. The method also facilitates the reconstruction of past cognitive performance levels based on sleep history.

**50 Claims, 12 Drawing Sheets**

